

# Up

64 count, 2 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs (UK), November 2014

Choreographed to: "Up" by Olly Murs featuring Demi Lovato (115 bpm)

Start after 16 count intro – approx. 9 secs into song.

**Section 1 R fwd, L & R Sailor Steps, L fwd Rock Step, 1/2 L & L fwd**

- 1 Step R forward on slight right diagonal
- 2&3 Cross step L behind R, step R side, step L forward on slight left diagonal
- 4&5 Cross step R behind L, step L side, step R forward on slight right diagonal
- 6-8 Rock L forward, recover weight on R, turning 1/2 left step L forward (6 o'clock)

**Section 2 1/2 L & R Back, L Back, R Coaster Step, L fwd, R Heel-Together-Touch, L Heel-Together**

- 1-2 Turning 1/2 left step R back, step L back (12 o'clock)
- 3&4 Step R back, step L together, step R forward
- 5 Step L forward
- 6&7 Touch R heel forward, step R together, touch L together
- 8& Touch L heel forward, step L together

**Section 3 R Touch, R Kick, R Together, L & R Roe Switches, R Sailor Step, L Behind-Side-Cross**

- 1-2 Touch R together, kick R forward
- &3&4 Step R together, touch L to left side, step L together, touch R to right side
- 5&6 Cross step R behind R, step L side, step R side
- 7&8 Cross step L behind R, step R side, cross step L over R

**Section 4 Side, Hold, L Ball Step 2x, L Cross Rock, 1/4 L Shuffle**

- 1-2 Step R side, hold
- &3&4 Step L together, step R side, step L together, step R side
- 5-6 Cross rock L over R, recover weight on R
- 7&8 Turning 1/4 left step L forward, step R together, step L forward (9 o'clock)

**Section 5 L Full Turn fwd, R fwd Shuffle, L fwd Rock Step, L Ball Step, 1/4 L Pivot Turn**

- 1-2 Turning 1/2 left step R back, turning 1/2 left step L forward (walk forward R/L) (9 o'clock)
- 3&4 Step R forward, step L together, step R forward
- 5-6& Rock L forward, recover weight on R, step L next to R
- 7-8 Step R forward, pivot 1/4 left (6 o'clock)

**Section 6 R Jazz Box Ball Cross Side, 1/4 L Coaster Turn, L Full Turn fwd**

- 1-2 Cross R over L, step L back
- &3-4 Step R side, cross L over R, step R side
- 5&6 Turning 1/4 left step L back, step R together, step L forward
- 7-8 Turning 1/2 left step R back, turning 1/2 left step L forward (3 o'clock)

**Section 7 R fwd, 1/4 L Pivot Turn, R Cross Shuffle, 1/2 R Hinge Turn, L Cross Shuffle**

- 1-2 Step R forward, pivot 1/4 left (12 o'clock)
- 3&4 Cross step R over L, step L side, cross step R over L
- 5-6 Turning 1/4 right step L back, turning 1/4 right step R side (6 o'clock)
- 7&8 Cross step L over R, step R side, cross step L over R

**Section 8 R Side Rock, R Together, L Side Rock, L fwd/Side Touches, L Coaster Step**

- 1-2& Rock R side, recover weight on L, step R together
- 3-4 Rock L side, recover weight on R
- 5-6 Touch L toes forward, touch L toes side
- 7&8 Step L back, step R together, step L forward

**Tag1:** *End of Walls 1 & 3 (facing back wall): 8 counts: repeat section 8 (counts 57-64)*

**Tag2:** *End of Wall 2: 4 counts: R rocking chair  
As you rock forward you can push both arms up and look "UP" (As they sing the word "UP")  
and then bring them back down on the back rock.*

**Ending:** *At end of wall 6: step R forward and bring arms up and look up. Ta Da!*

Quelle:

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